

in • VOLved

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Boomers **Staying Fit** and **Active** as They Retire

For the next 20 years, baby boomers will become eligible for retirement at the rate of 10,000 a day. At 76 million strong, this group is known to work hard, play hard and spend hard. Now they're reshaping retirement.



Kat Larsen

Even in their leisure years, boomers' desire for exercise and fitness remains strong. With that in mind, the City of Carlsbad recently added a high-end fitness center filled with all new equipment at the Senior Center. It is part of a larger renovation that also included an improved computer lab and craft room.

Carlsbad resident Bill Hart is a regular at the center. He also works out and volunteers in the new fitness room.

"We're all in the same boat," reflects Bill. "We want to have a good life. You can have that here."

Although Bill retired a few years ahead of the boomers, like them he remains active, engaged and ready to make the most of each day. He retains

purposefulness through his volunteer work, which, aside from the fitness center, has led him to other interesting locales including: museums, theaters, computer centers, athletic events and an emergency response center. He's also known for writing letters to the editor. (To date, 400 of his letters have been published.)

Bill advises everyone to do something they enjoy. For him, that includes dancing several nights a week, volunteering, dating and watching movies.

If you're curious about the "new retirement," pay a visit to the Carlsbad Senior Center at 799 Pine Avenue. It is open Monday through Friday from 8 a.m. to 5 p.m. ■



Kat Larsen

"Youth has no age."

Pablo Picasso

Carlsbad **Volunteer Opportunities**

Beautify the Grove
Saturday, April 25
8:30 a.m. - 11 a.m.

Celebrate Arbor Day as we beautify Hosp Grove by planting trees, pruning brush and picking up litter. First 200 volunteers receive a free, commemorative "Beautify the Grove" t-shirt.

For more information, call (760) 434-2929.

Beach Festival
Saturday, May 2
10 a.m. - 2 p.m.

The 2nd annual Carlsbad Beach Festival will include a beach clean-up, activities for children, native plant tour and refreshments. Go to Tamarack/Frazee State Beach at the intersection of Carlsbad Boulevard and Pine Avenue.

For more information, call (760) 720-7001 or e-mail bketterer@parks.ca.gov.

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Reaching to Improve the Future

In the United States from September 2007 through September 2008, 22 percent of 16 to 24 year olds volunteered at least once. Although not old enough to vote, many are helping to solve problems in their own communities and around the world.

"Teenagers like me are at an impressionable age where they are easily molded and influenced," notes Crystal.

Our own Carlsbad High School Interact Club is a great example of youth making a difference. Interact is Rotary International's service club for young people ages 14 to 18. Each year Interact clubs complete at least two community service projects. CHS Interact Co-President Crystal Hsu has been a member for four years and has accrued nearly 600 volunteer hours through this and other programs.

If you've participated in any of these city-sponsored events, chances are you've been helped by Crystal and Interact's 70 other active volunteers. They managed the bounce house, paint children's faces and serve up family fun.

- Art Splash
- Carlsbad Marathon and Half Marathon
- Carlsbad 5000
- Christmas Caroling in the Village
- Carlsbad Loves Kids
- Hosp Grove Tree Planting and Trail Maintenance
- EGGstravaganza.

The overall aim of Interact is to create a youth culture of service. By taking the initiative, this young generation takes action to help secure a more hopeful future. ■



Rachael Shay

Opportunities *continued*

**United We Paint
Saturday, May 16
8:30 a.m. - 2:30 p.m.**

You are invited to participate in the first United We Paint Volunteer Event in Carlsbad. United We Paint has a tradition of providing home makeovers for those in need. We will be revitalizing a series of homes in Carlsbad. Painting is the primary emphasis with additional landscaping projects occasionally included. All volunteers will be provided with a breakfast snack, beverages, lunch, music and a volunteer certificate.

Go to www.UnitedWePaint.org to register. ■



News For You

Carlsbad Playreaders, The Woman of Manhattan, Monday, May 11, at 7:30 p.m., Ruby G. Schulman Auditorium
Rhonda, Judy and Billie are the women of Manhattan, lamenting the fact that, while their careers are flourishing, their emotional lives are a wreck. The provocative, stylized and often funny play examines three upscale women who become painfully aware that the brittle, competitive Manhattan lifestyle disappoints as quickly as it rewards. Donations accepted.



Cinema Society of Carlsbad, Moulin Rouge, Wednesday, May 20, at 6 p.m., Ruby G. Schulman Auditorium

Moulin Rouge is a musical set in 1899 Paris at the notorious Montmartre cabaret club. Starring Nicole Kidman as the high-kicking courtesan, Satine; Ewan McGregor as the sensitive poet, Christian; and John Leguizamo as flamboyant artist Toulouse-Lautrec. Free admission. ■